

Abstract for invited 90-minute workshop

Evidence-based Practice: Where do I start?

Dr Tammy Hoffmann and Dr Sally Bennett

Division of Occupational Therapy, School of Health and Rehabilitation Sciences,

The University of Queensland

Introduction: Evidence-based practice (EBP) is a widely used term, but many clinicians are unsure of what it means to be an 'evidence-based clinician' and how to go about starting to integrate research evidence into their clinical practice. The aim of this 1.5 hour workshop is to provide an introduction to the basics of EBP and provide attendees with strategies that they can start to use as soon as they return to their clinical practice. Presenters will demonstrate the process of EBP, including searching for evidence, during the workshop using scenarios chosen by the workshop attendees. **Learning goals:** By the end of this workshop, attendees will be able to: 1) identify the steps in the EBP process, 2) formulate a clinical question using PICO, 3) describe how the hierarchies of evidence can be used to guide the search for evidence, 4) identify the most appropriate electronic resources and databases to use when searching for evidence, 5) describe the most efficient search strategy and techniques to use in the key databases, 6) have an awareness of the steps involved in appraising and applying evidence to practice, and 7) identify options for learning about the more advanced aspects of EBP.